

# The Meaning of Human Betterment

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The all-time challenge for human beings is that of aiming at a life reasonably well-lived, strong and serene, even when confronting daily difficulties. It is about modifying ourselves into the best character that we can be, and making our lives and work experiences that blessed realities which the majority only hope for in the way to the future.

The philosopher James Allen points in his extraordinary book, **As a Man Thinketh** that our lives are what we make them by our own thoughts and deeds. It is the state and attitude of mind which influence whether we are happy or unhappy, strong or weak, sinful or holy, foolish or wise. If someone is unhappy, that state of mind belongs to him/her, it is a state that responds to certain external or environmental happenings, but the response set lies within, and not in the outward occurrences.

If a human being is fragile in will, he/she has brought himself/herself to and remains in that condition by the course of thoughts, feelings and actions, which he/she has chosen and is still choosing! If one is foolish, it is because he/she has undertaken and continues to undertake foolish acts.

The core thesis is that human beings have no character, no soul, and no life apart from their thoughts, feelings, deeds and spiritual conditions. What we are is what we do. As we work hard to modify our behavior, we change, progress and prosper... We are endowed with will. So we can work hard to improve our character. As the carpenter transforms the block of wood into a beautiful piece of furniture, so can any human being change himself/herself with a little help... into a wise and compassionate person.

We are not condemned into recycling destructive behaviors... We are not! We were created with choice! We are responsible for our brains, thoughts, feelings and spirit that create the foundation for our state of mind, and the quality of the inner life that we live. The loosely-coupled logic is the following: study, learn, pray and think; develop principles, values and knowledge; contribute to your robust character; enjoy credibility and legitimacy; show trust; and cultivate sustainable relationships.

No worldly power, no event or circumstance can compel a human being to evil or unhappiness. With a little of profound help we can be great compellers, thinking, feeling and acting by guided volition.

We can choose the good, and thereby find joy and happiness in doing so. Due to this kind of decision-making process, when we wish and will, we can find the Good or the Truth of God, and enjoy the bliss and the peace, the eternal gladness, even in very difficult and hard times.

Yes, the Gates of Heaven are open forever, and no one is prevented from entering by any will or power but by his/her own decision... It is a matter of engaging and having that beautiful experience.

No one can enter the Kingdom of Heaven so long as he/she is enamored of, and decides for the banalities, the trivialities or the seductions of violence, resigning himself/herself to destruction and sorrow...

So as James Allen illustrates in a delicate manner it is all about coming to terms with the light. The light on facts and the hypothesis of being prepared to turn from the illusory to be able stand face to face with reality, getting ready to think and to act, recognizing that every moment is a time of decision and every hour is destiny.

The light of cause and effect in human life is acknowledging that behaviors have consequences, and that we can strive to bring the imperfect up to the perfect as a height of improvement, maturity and wisdom.

The light on spiritual and material values is establishing that everything has a value and which is freely given and gained with patience and accumulation. If we give up selfishness we can achieve greater happiness.

The light on the sense of proportion is showing balance in everything that we do, and that will give us sanity, restores the mind to calmness, bestows justice and reveals harmony. The light of adherence to principles is finding permanent amid to all the change of life and adhering to it in spite of circumstances.

The light on the sacrifice of the self is leading to discipline and thus to peace. The light on the management of the mind is going beyond the troubles and distortions of interacting with others, and working with the inner self-dimension, and toward a higher and more steady state of the heart and mind, surrendering actively to God. The light on self-control is about discovering the mysteries of getting to heaven.

The light on behaviors that are the product of managing the self and the passion, aims at right-doing as the highest wisdom. The light on the way of wisdom is learning and studying at all times. The light on disposition is breaking away from any slavery and the light on individual liberty points toward breaking any destructive bond.

The light on the blessing and dignity of work stresses the rejoicing in our work and always doing and delivering the best. The light on good manners is achieved by moving upward, letting any aggressiveness die. The light on tolerance of creeds is preventing any persecution, stigma, stereotype and prejudice. The light on miracles is witnessing the impossible made possible. The light on war and peace commands working always for peace. The light on the brotherhood of man is removing all hatred and malice. The light on life's sorrows is learning that redemption is available and at hand.

The light on life's changes is the experience of reaching up to the light. The light of new knowledge is growing wisdom and understanding. The light that never goes is about coming to terms with God.

The life of triumph is for anybody who is not satisfied with any lower condition!